


A Companion Booklet

# Moving Forward After A Stroke For Persons With Aphasia



- 
- Driving?
  - Intimacy?
  - Work?
  - Volunteer?
  - Leisure activities?
  - Communicating?
  - Normalcy?
  - Eating and drinking?
  - Independence?
  - Home?
  - Finances?
  - Medications?
  - Shopping, preparing meals and cooking?
  - Getting around town and to my appointments?
  - Asking for help?

**Goal setting is a key part of stroke rehabilitation and is highly recommended. Work with your health care providers to set both short term and long term goals to help facilitate the rehabilitation progress.**



## Goals

[illegible]



## Driving



## Vision / Eyes



## Concentration



## Mood



## Arm/Leg Weakness



## Who can HELP? Physical Medicine & Rehab

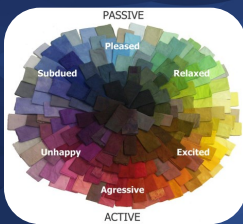




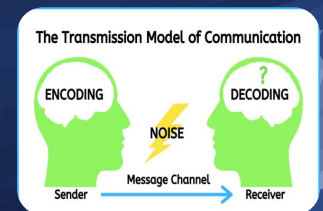
# Intimacy



## Mood



## Communication



## Fatigue



## Physical Changes



## Pain



## Who can HELP?

Physical Medicine & Rehab





## Activities



## Technology



## Volunteering



## Family Time



## Work Support



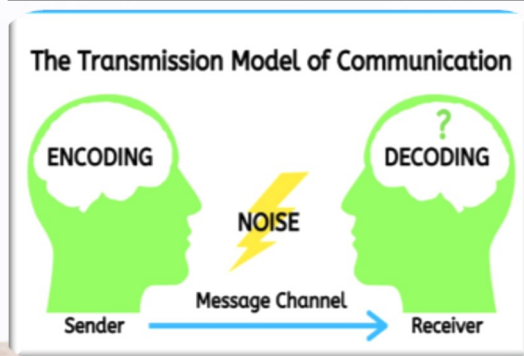
## Who can HELP?

Vocational Rehab Team

Physical Medicine & Rehab



# Communicating



## Talking



## Reading



## Listening



## Writing



## Who can HELP?

**Speech Language Pathologist (SLP)**





# Cognition



## Organization



## Mood



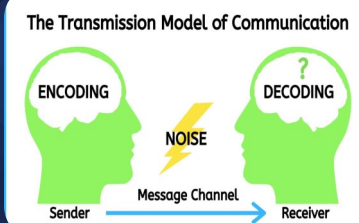
## Memory



## Problem Solving



## Communication



## Who can HELP?

### Speech Language Pathologist



### Physical Medicine & Rehab





# Changes in Swallowing



## Eating



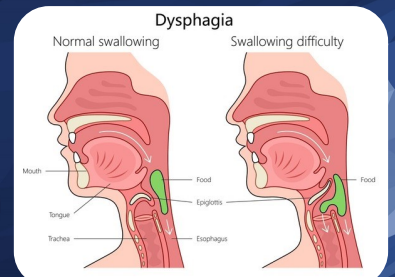
## Drinking



## Food Textures



## Swallowing



## Who can HELP? Speech Language Pathologist (SLP)





## Managing Finances



### Money



### Online / Autopay



## Who can HELP?

### Trusted Agent



### Physical Medicine & Rehab

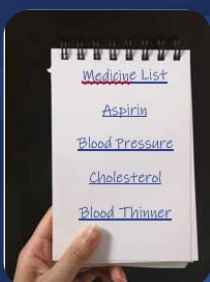




## Managing Medication



### Medicine List



### Pill Organizer



## Who can HELP?

**Pharmacist/Provider/Nurse**



**Trusted Agent**





## Shopping and Meals



### Cooking



### Shopping



### Prepared Meals



### Groceries



### Who can HELP? Trusted Agent





## Managing a Household



### Laundry



### Ironing



### Cleaning



### Fatigue



### Yard Work



### Schedules



## Who can HELP?

### Trusted Agent



### Physical Medicine & Rehab





# Transportation



## Walking



## Exercise



## Medical Transportation



## Public Transportation



## Ask Friends



## For Hire



# Who can HELP?

## Trusted Agent



## Social Worker





## Asking for Help



### Ask Family



### Cleaning Help



### Ask Support Groups



### Ask Friends



## Who can HELP? Trusted Agent





Scan the QR Code with your smartphone for additional resources



**Stroke Rehab Clinical Practice  
Guideline**

**Moving Forward After A  
Stroke Booklet**

**Stroke Rehab Clinical Practice  
Guideline Patient Summary**



Access to the full guideline and additional resources are available at:  
<https://www.healthquality.va.gov/guidelines/Rehab/stroke>